

## Upper Missouri District Health Unit (UMDHU)

“At UMDHU we understand breastfeeding offers society improved health outcomes for children and mothers, as well as economic and environmental benefits. Breastfeeding promotion and education is a focus of UMDHU as part of our overall public health mission. We feel it is important to set an example and not only “talk the talk,” but we also need to “walk the walk.” We ensure this by allowing our staff to be able to breastfeed at work. We also allow private locations for clients to breastfeed when they are in our clinic.”

Desire’e Steinberger

At UMDHU we are committed to supporting the breastfeeding family and employee and have an International Board Certified Lactation Consultant available to provide appropriate support and education.

### **Program Components:**

#### **Private Area to Express Milk:**

There is a private office with a sink available for the mother to express milk.

#### **Breastfeeding Equipment:**

UMDHU has a hospital grade pump available for employees to use at work to express milk.

#### **Milk Expression Scheduling:**

Most employees can fit milk expression into their own schedule with little input from a supervisor. UMDHU supervisors offer a large amount of flexibility for employees to be able to express milk as needed.

#### **Education:**

UMDHU has an IBCLC available that can provide appropriate support and education.

#### **Support:**

At UMDHU we are committed to supporting the breastfeeding family and employee.

#### **Program Impact:**

- Child care is limited in the area. This program enables our employees the ability to come back to work without child care concerns and promotes breastfeeding and bonding.

#### **Contact:**

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